

SENIOR GO-GETTERS

Programs for persons age 50 & over

Our program offers comprehensive and diverse services and activities for Lansing area adults over the age of 50. Included are health services, crafts, recreation and many special events. The program meets 10:00 a.m. – 2:00 p.m. Monday - Friday at Letts and Miller Rd. Centers. In addition, Miller Center offers evening programs, dances and events.

Tri-County Office on Aging nutritional meals are served at 12 noon, Monday - Friday

at Letts and Monday, Tuesday, Thursday, and Friday at 11:45 a.m. at Miller. A \$2.00 donation is requested for persons age 60 and older; a \$4.00 donation is requested for persons under age 60.

Transportation arrangements can be made through Spec-Tran by calling 394-6230. You'll receive a token for your return ride home if you order a meal.

PROGRAM LOCATIONS: Letts Community Center, 1220 W. Kalamazoo – 483-4311 • Miller Road Center, 6025 Curry Lane (off Miller) – 394-5421

WEDNESDAY EVENINGS AT MILLER ROAD

Join us for an evening of fun, games and fellowship from 6-9 p.m. The program is free; donations are accepted for refreshments.

FUN, FRIENDS & FELLOWSHIP... A NIGHT OF MUSIC JAMS

Join us the 2nd Saturday evening of each month from 7 to 10 p.m. at Miller Road Center. Bring your musical instrument, singing voice or just relax to a night of musical enjoyment. The program is free; donations are accepted for refreshments. No Meeting in April.

DANCE THE NIGHT AWAY

Dance the night away the 1st Thursday of each month (April 2, May 7, June 4, September 3) at Miller Road from 7 to 10 p.m. The program is free; donations are accepted for refreshments.

GUEST SPEAKERS AND PRESENTATIONS

Representatives from various organizations will present information on everything from health issues to financial situations, arts and crafts to specific era topics. Please contact Letts Center at 483-4311 or Miller Road Center at 394-5421 for a complete listing of topics, dates and times.

WALKING FOR THE HEALTH OF IT (Ages 50+)

See details on pg. 26.

BRIDGE PLAYERS LEARNING SESSION

Join Doc Den for an introduction on How to play Bridge.

4/23	Thu	10:30-11:10 am	Miller	Free
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BIRTHDAY CELEBRATIONS

Each month we will celebrate your Birthday. We will provide Cake and Ice Cream along with a "Happy Birthday" song for you. Dates are 4/8, 5/19, 6/23.

HOT POCKETS POOL TOURNAMENT

All pool players are welcome and encouraged to join us for a great time. Check-in will be at 9:30 a.m. and the tournament will begin at 10 a.m. Refreshments will be provided. Tri-County Office on Aging lunch will be served at Noon. Lunch is available for a \$2 donation for ages 60 and over and \$5 cost for ages 59 and under. First, second and third place prizes will be awarded. Please call 483-4311 to register for the tournament and to reserve lunch. Registration deadline is April 13th at 2 p.m.

Activity #315561A				Free
4/20	Mon	10 am-1:30 pm		Letts

MOTHER'S DAY CELEBRATION

This Mother's Day join for a day of fun, refreshments and entertainment. Lunch will be provided by Tri-County Office on Aging and is included in the registration fee. Please call 483-4311 to register and reserve lunch.

Activity #315820A				\$5
5/7	Thu	10 am-1:30 pm		Letts

THANKSGIVING IN JULY

Yes, it is July and we will be feasting on a Thanksgiving Meal. Join us as we share in turkey, mashed potatoes and gravy, green beans, cranberry sauce, and sweet potato crisp. Please call 394-5421 to reserve your meal. Deadline to request a meal is July 21st at.

7/29	Wed	10:30 am-1:30 pm	Miller	\$5
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FATHER'S DAY TALENT SHOW CELEBRATION

We are calling all Fathers who have an ear for talent to celebrate with us and share your talent. Prizes will be awarded for 1st, 2nd, 3rd talented fathers. Please call 394-5421 or 483-4311 to reserve your meal - which includes grilled hot dogs, baked beans, potatoes salad, punch and a special cake with ice cream. Lunch is included in price.

6/18	Thu	10 am-1:30 pm	Miller	\$5
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Special Events

SENIOR PICNIC

An afternoon cookout of hotdogs, hamburgers, coleslaw, baked beans and desert and entertainment that will make you want to get up and dance. Raffle prizes for the most creative sun glasses and most creative hat will be given. Activities available include horseshoes, cricket, and basketball and of course you can stroll through the rose garden. Lunch is included in the cost of the picnic.

Activity #415930A				\$7
8/21	Fri	11 am-2 pm	Francis Park Pavilion	

ICE CREAM SOCIAL

We will spring into something cool at Miller Road with ice cream sodas, including your favorite toppings or a root beer float. We will also welcome your ideas on programs you would like Miller Road Center to provide for seniors in the community. Tri County Office on Aging meals served daily. The cost is a \$2.00 donation for ages 60+ and \$5.00 for ages 59 and under.

8/25	Wed	10:30 am-1:30 pm	Miller	
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SWING INTO SPRING - RUMMAGE SALE

This is your opportunity to buy merchandise, clothing and collectibles. Each 8 foot table will have 2 chairs. Tri County Office on Aging meals served daily. The meal is a \$2.00 donation for ages 60+ and \$5.00 for ages 59 and under. Please call Letts Community Center at 483-4311 to purchase your tables and reserve a lunch. Maximum of 2 tables may be purchased. Lunch is not included in the cost of the table.

Activity #315622A				\$6 per table
5/22	Fri	10 am-2 pm		Letts

Activity #415622B				\$6 per table
7/31	Fri	10 am - 2 pm		Miller

EASTER BASKET DECORATING

Bring your basket and decorate cookies and eggs for Easter. We will provide the cookies, frosting, eggs and coloring and basket decorations. Tri County Office on Aging meals served daily. The cost is a \$2.00 donation for ages 60+ and \$5.00 for ages 59 and under. Please call 394-5421 to reserve a lunch and let us know if you will be decorating with us.

4/9	Thu	10:30-11:30 am	Miller	Free
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A BLUE KIND OF DAY GREET AND MEET

Things will only get better for everyone who wears Blue! We are planning to have Blue ice cream for you to enjoy. Wear Blue is the Clue for this greet and meet day. Tri County Office on Aging lunch will be served for a \$2 donation ages 60+ and a cost of \$5 for ages 59 and under.

6/4	Thu	10:30 am-1:30 pm	Miller Rd	Free
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